

2018

PLAYER HANDBOOK



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2 INTRODUCTION

Welcome to the Mill Woods Minor Football Association (MWMFA) This booklet has been developed to provide you with valuable information about our organization. During the off season the organization is busy improving the direction of the club. We are always looking for input and welcome your comments.

This package details all aspects of the program. You will find information on our history, policies, costs, and much more in this booklet and on our website www.millwoodsfootball.ca.

Please keep this booklet handy, as you will want to refer to it throughout the year.



3 GOALS OF THE ORGANIZATION

VISION

To provide the best minor football program in Edmonton and improve the quality of community and sporting life for all members.

MISSION

To learn and teach the game of football, develop team skills, social skills, self-esteem, promote fitness and activity, demonstrate sound leadership and teamwork, ensure responsible use of our resources, provide quality coaching, encourage good sportsmanship both on and off the field of play, and to have fun.

VALUES

We value positive, motivated attitudes from everyone, fun and enjoyment, effort and commitment, open communication at every level, smart and safe play at all times, integrity, respect and ethics in dealings with all community members, external and internal to the organization, teamwork at all levels, personal growth and development, recognition of quality contributions, inclusivity, and equality and diversity as outlined in the Canadian Human Rights Act.



4 THE MILL WOODS MINOR FOOTBALL STORY

The Mill Woods Grizzlies were incorporated as a not-for-profit society in 1996. That year Peewee and Atom teams participated in a league with the Sherwood Park Minor Football Association. In 1997, Bantam and Pee Wee teams played in the Capital District Minor Football Association (CDMFA). The Atom team was revived in 1999.

Since 1998, the Grizzlies have had an active Board of Directors, with Annual General Meetings and election of officers. The Board organizes a variety of activities to foster the development of the football program, with primary focus on fundraising and finances, social activities, and communication with parents.

2004:

The organization's name was changed to Millwoods Minor Football Association to accommodate the introduction of a second Pee Wee team called the Maulers.

2006:

We introduced another addition to our Association. A second Atom team called the Maulers.

2008:

We grew yet again and had six teams which included the Midget Grizzlies.

2011:

We were looking forward to utilizing the artificial turf field that we have watched be developed through our last season.

2013:

The artificial turf field was open for use to the community.

2014:

We moved into the Bear Den 2.0 – a more permanent location within the Millwoods Pavilion at 7008-23 Ave.

2015:

The first season of the new Atom tackle program.

2016:

We look forward to continuing our growth and building our football family in the Millwoods Community.

2018

Another expansion to include a Flag Football program to start in the 2019 season.



5 MANAGEMENT STRUCTURE

The Executive of the Board of Directors consists of the following positions:

President

Vice-President

Communications

Treasurer

Secretary

Registrar

Ways and Means (Fundraising) Director

A General Manager is appointed to operate the program. The GM recruits and appoints the Coaching staff and ensures that the equipment is maintained and that all field-related activities are organized.

The Board began the development of a Business Plan during the 1999 / 2000 off-season. A copy of this document is available upon request.

The Executive Board of Directors also relies on the following appointed Board of Directors throughout each season. There are always changes and additions to this list depending on what each season brings.

General Manager

Concession Director

Volunteer Director

Equipment Director



6 CONTACT INFORMATION

The Bear Den
7008 - 23 Avenue
Edmonton, Alberta

Executive and Appointed Board of Directors E-Mail Listing

President	president@millwoodsfootball.ca
Vice President	vicepresident@millwoodsfootball.ca
General Manager	manager@millwoodsfootball.ca
Secretary	secretary@millwoodsfootball.ca
Treasurer	treasurer@millwoodsfootball.ca
Registrar	registrar@millwoodsfootball.ca
Ways and Means (Fundraising)	fundraising@millwoodsfootball.ca
Communications Director	communications@millwoodsfootball.ca
Volunteer Director	volunteer@millwoodsfootball.ca
Concession Director	concession@millwoodsfootball.ca
Equipment Director	equipment@millwoodsfootball.ca



7 OUR COACHING STAFF

Our coaches believe in appreciation for Teamwork, Respect and Self-Discipline in each individual, while pushing them to achieve their own maximum potential.

Principals

Teamwork

Nobody is above the team.

Respect

Respect is a non-negotiable, mandatory aspect of personal conduct for ALL members of the team at ALL times. Respect will be given, and respect will be expected. Disrespect will not be tolerated in any form from anybody - including other teams.

Self-Discipline

Only you are in control of your actions - nobody is to be blamed for your conduct. You can only control your actions - not those of others.

Methods

Motivation

Find what drives and motivates each individual.

They are all different and cannot be treated the same; however, they will all be treated equally.

When providing criticism or critiques, also notice & complement for aspects done well.

Discipline

Conditioning will not be used for discipline.

Physical conditioning is used to improve a player's abilities and should not be connected to discipline - either mentally or physically.

Discipline will be in the form of sitting out. This has a greater impact on the individual and the team - both suffer more.

Consistency

Do not show favoritism

Be consistent in both the application of disciplinary and reward tactics.

Enthusiasm

Be enthusiastic at all time.

Energy is contagious.

FROM OUR FIRST COACH AND FOUNDER, MARIO MILES SR.



"I started Mill Woods Grizzlies in 1995 with my wife Sherline in our basement. My son, Mario Jr., had just started football a year earlier so I decided I would start a team for him. Everyone thought we were in way over our heads. We had some other co-involvement but that didn't last too long. It was just me and Sherline. So Sherline hit the pavement and started making contacts.

With the help of U of A Coach Tom Wilkinson, who donated equipment, we got off to a modest start. Sherline was picking up used pads from Vic Composite High School. We also received support and help from Jasper Place High School. The locker room was our basement. We didn't know a thigh pad from a knee pad. Some kids were putting girdles on their heads (smile). We also received tremendous support from Sherwood Park Minor Football. Without so many dedicated parents, volunteers, and all the support over the last 20 years, we wouldn't be where we are today.

I'll never forget that opening kick-off in our beautiful Teal Blue uniforms. All the parents were so proud, and the kids' faces were full of excitement. I'll never forget. We had a vision for football in Mill Woods as a great opportunity for kids to flourish in a great sport, have fun, and to develop lifelong relationships. I think over the years we keep growing stronger and bigger.

My favorite movie is Field of Dreams and that was part of our inspiration. Build it and they will come. With the new facility it is truly a dream come true!"



8 CODE OF CONDUCT

MWMFA holds everyone involved accountable and expects a certain level of conduct from all.

8.1 PARENTS / GUARDIANS AND PLAYERS

AS A MEMBER OF THE MILLWOODS MINOR FOOTBALL ASSOCIATION I WILL:

Support and encourage participation of those who want to play, always remembering that sports are played for player enjoyment.

Uphold and follow the rules of the game and a spirit of good sportsmanship.

Offer praise for competing fairly and trying hard.

Remember that having fun, improving skills, making friends, and doing your best are what counts.

Recognize that doing your best is a victory. No one should be made to feel defeated by the outcome of a game/event.

Do my best to be a team player and support the team and the organization.

Control my temper: fighting and "mouthing off" can spoil the activity for everybody.

Resolve conflicts constructively without resorting to hostility or violence.

Acknowledge and applaud ALL good plays/performances and show respect for the home team and our opponents.

Show a positive attitude and respect to all participants: officials, coaches, staff, players, parents, board members, volunteers, opponents, and spectators.

Understand that ALL members have a responsibility to be a part of player's development.

Grow each player's self-confidence by amplifying positives.

Never make anyone feel defeated by the outcome of a game/event. I will never ridicule or yell at anyone for making a mistake or losing a game but will use these situations as an opportunity to reflect positively and supportively to promote improvement and resiliency.

Be on my best behavior at all times and not use profane language or harass players, coaches, referees, league administrators, or volunteers.

Bear in mind that children learn best by example and conduct myself accordingly.

Respect and show appreciation for the volunteers who give their time to provide sport activities for my child.

Be part of the solution by committing to and supporting all efforts to remove all forms of abuse from children's sporting activities (i.e. verbal, nonverbal, physical, emotional, psychological, and sexual).

Be responsible to ensure attending guests also abide by this Code of Conduct.



8.1 COACHES

AS A COACH I WILL COMPLY WITH AND UPHOLD ALL OF THE ABOVE MEMBER EXPECTATIONS. IN ADDITION TO THIS I WILL:

Be inclusive of all individuals within and relating to MWMFA and uphold the highest standards of equality and diversity as per the Canadian Human Rights Act.

Use positive and inclusive language, actions, and decision making toward and around all athletes, coaches, staff, members, and affiliates at all times.

Teach my athletes to play fairly and to respect the rules, officials and opponents.

Not ridicule or yell at my athletes. I will remember that children play to have fun and must be encouraged to have confidence in themselves.

Never make anyone feel defeated by the outcome of a game/event. I will never ridicule or yell at anyone for making a mistake or losing a game, but rather I will use these situations as an opportunity to reflect positively and supportively to promote improvement and resiliency.

Be generous with praise and set a good example of professionalism.

Provide the players a safe playing environment, physically, affectively, and cognitively.

Ensure that all athletes get fair playing time, instruction and support.

Never use exercise as a punishment. I will work to grow players' positive perception of physical activity to give them a lifelong appreciation of and commitment to maintaining a healthy and active lifestyle.

Build conditioning for all players in to practices in a positive manner that benefits the physical, cognitive, and affective abilities of all players.

Ensure that the dignity of each player is preserved by using constructive communication, practical feedback, and guidance-based discipline practices at all times to enhance the team's spirit, performance, cohesiveness, and enjoyment.

Be reasonable when scheduling practices, remembering that young athletes have other interests and obligations.

Work in partnership with parents and players.

Obtain proper training and continue to upgrade my coaching skills.



8.3 DRUG AND ALCOHOL POLICY

MWMFA has a ZERO tolerance policy for drugs/alcohol with players and staff. Use of any of these substances is not allowed.



9 DISCIPLINE POLICY

Discipline is an important component of any organization. Therefore, behavior that is inconsistent with the values of the association will result in disciplinary action being taken. This policy applies to all parents and family members as well as players, coaches, and managers.

Examples of this action include:

A change in assignment,

Suspension for a portion of a game, game (or games)

Expulsion from the MWMFA program.

For example: A player (or parent) who is blatantly disrespectful to another player parent or referee while at any MWMFA sanctioned event can expect to be suspended for the balance of that activity and may be suspended further if warranted. Minor infractions will result in players being asked to leave the field for a short period.

Players who miss practice without good reason may have their assignment changed from starter to backup or similar demotion.

Repeated poor behavior by a player or parent or frequently missing practices may result in a player being suspended from a game or from the program.

Coaches not adhering to the Code of Conduct will be approached with the concerns by the GM and/or head coach and asked to correct their conduct. Inaction will result in the actions outlined above. In extreme cases, corrective action may be immediate.

The Head Coach or parent in consultation with the General Manager shall determine the extent of a suspension.

The General Manager will forward all expulsion recommendations from the Head Coaches to the President. The President may only expel a player, coach, or parent with the approval of the Board of Directors.

All players, parents and coaches are required to sign the last page of this manual stating that they have read and understand the Registration Manual and Code of Conduct. Please return the last page to your team manager before the start of the season.

Please remember that football is the ultimate team game. Players who do not adhere to the team values are not only hurting themselves; they are hurting their whole team.



10 VOLUNTEER COMMITMENTS

All minor sports organizations rely on volunteers for their success. As a volunteer, you provide a service to both the club as well as demonstrating support for your child in the activity they have selected. Your involvement will enhance your child's experience and allow you the opportunity to assist in making the season enjoyable and memorable. Many hands make light work. The Volunteer cheques are returned after a total of 16 hours of volunteer service are completed per player (per family if more than one player in family). There are a wide variety of volunteer options available to families in the organization:

Sample Volunteer Activities/Opportunities

Concession worker

Yardage Sticks

50/50 Ticket sales

Game Announcer

Videotape Games

Field Set-up or Take-down

Scorekeeper

Work a shift at a casino

Silent Auction Assistance, Year End Banquet or Casino

Millwoods Minor Football Day or Spring Camp

Serve a full season of Coaching, Team Manager, Trainer, or on the Board (2-year term),

Equipment Hand Out, Team Laundry or Bottle return

Work in the Bear Den

Assist any Board Member during the season

The MWMFA requires that each player submit two post-dated cheques each for \$100. One post-dated for Sept. 15, and one post-dated for Nov. 15. Each hour you complete will be counted as such towards the completion of 16 hours. On the completion of the first 8 hours, you will be given back your cheque dated for Sept. Upon completion of hours 9 to 16, you will receive your second cheque back. The hours are tabulated at the end of each month and the necessary cheques are returned at the beginning of the next month. You can also make this a family affair and have more than one person or friend work for your child at one event, such as concession, and all hours worked count the player/family.

There is an assistant volunteer co-coordinator position for each team to work with the Volunteer Co-coordinator to find the people necessary to fill the jobs required.



11 REGISTRATIONS

MIDGET Players in grades 9, 10, and 11 who are not turning 19 in the calendar year, 2018

Registration begins in January for Midgets. A notice will be sent out advising of registration dates at the Bear Den for January, and those dates will also be posted on the website.

The Midget level season runs from February to May to allow players to join their High School teams.

MIDGET FEES

\$365 Registration

\$40 Padded Girdle (keep)

\$100 Mandatory Fundraiser.

MIDGET DEPOSITS

\$300 Equipment deposit

\$200 Volunteer deposit (Given as 2 \$100 Cheques)

The midget level is structured differently than the Atom, Pee wee, & Bantam levels. This team can fill up quickly – Register during the last weeks of January.

ATOM Players who turn 8, 9, or 10 before December 31, 2018

PEEWEE Players who turn 11 or 12 during the current year, 2018

BANTAM Players who turn 13, 14, or 15 during the current year, 2018 and who are not entering grade 10 in September of 2018

Registration begins in February for Atom, Pee wee, and Bantam levels. A notice will be sent out advising of registration dates at The Bear Den for February, March and April. Registrations will also be taken after the annual A.G.M. Dates will also be posted on the website.

Subsequent applications will be taken at Spring Camp and during practices according to the Registrars availability until September 1st, depending on the number of players already enrolled.

The early registration deadline is the last day of February. Rosters may hold up to 50 players. Both BOYS and GIRLS are encouraged to participate.

The Atom, Pee wee, and Bantam level season runs from mid May to November.

Mid-May

Season begins with Spring Camp (May Long Weekend) and 2 practices per week

June



2 or 3 practices per week (Mon, Wed, Thurs); receive equipment sometime this month

July

No football in Alberta to allow for summer vacations

August

3 practices per week on Mon, Wed, Thurs (full equipment) and one game on weekends starting mid month

September-October

-3 practices per week and one game on weekends

November

playoffs (first week), equipment return, awards banquet (end of the month)

Deposits are returned to you at the end of the season once equipment has been returned and when 16 volunteer hours per family have been completed. (sounds like a lot, but can be accomplished).

ATOM/PEEWEE/BANTAM FEES

\$340 Registration, (\$315 prior to March 1st)

\$40 for Spring Camp (optional)

\$40 for a padded girdle (keep)

\$100 mandatory fundraiser

ATOM/PEEWEE/BANTAM DEPOSITS

\$300 Equipment deposit

\$200 Volunteer deposit (Given as 2 \$100 Cheques)

Parents may earn Volunteer Hours through activities throughout the season for the return of these cheques. See the volunteer section for full details.

All players must produce their birth certificate or Alberta Health Care card as proof of birth date. In addition, Bantam players will be required to produce their report card from school as proof of their completed Grade level

All players' parents will be asked to fill out IN FULL a Medical Information Form on your child that includes any allergies, medications, doctor's name and phone number, and emergency contacts.

All outstanding fees or money owed to the MWMFA from previous years must be paid in full (by certified cheque or money order) before a new registration can be accepted. All registration fees and volunteer cheques for the current year must be received before registration will be accepted.



REGISTRATION WILL NOT BE ACCEPTED, AND PLAYER MAY NOT TAKE TO THE FIELD, UNTIL ALL RELEVANT PAPERWORK, INCLUDING PAYMENTS, IS 100% COMPLETE

12 REFUND POLICY

Registration and Volunteer deposit cheques will be returned for players withdrawing from the program under the following guidelines only: (Note: Any refunds are minus insurance fees of \$30 which are non-refundable.)

12.1.1 Spring Camp

Until 4pm Monday before Spring Camp: 50% Refund of \$40 Spring Camp Fees.

12.1.2 Seasonal Play

Prior to 1st day of Equipment Handout: 100% of paid registration fees (minus \$30 for insurance.)

Prior to "Start of Play" of first regular season game: 50% Refund of remaining Registration fees. (minus \$30 insurance.)

After "Start of Play" of first regular season game: Pro Rated refund ONLY if player is injured and cannot play the rest of the season. (Based on number of weeks left in season. Minimum 50% deduction)

Roster selection is completed at the end of June. If your player is not assigned to the active roster or the practice roster or released, there will be a full refund on registration fees and all volunteer cheques will be returned.

12.1.3 Volunteer Deposits Refund Policy

Prior to 1st day of Equipment Handout and 'Start of Play': Both Volunteer Deposit cheques returned.

Prior to "Start of Play" One (1) Volunteer Deposit cheques returned

After "Start of Play" of first Regular Season Game: One of both \$100 cheques will be retained by the organization if volunteer hours not complete. (Broken down in 2 blocks of 8 volunteer hours; 1 cheque = 8 hours, not pro-rated.)

12.1.4 Equipment Deposit

These cheques are returned at the equipment return, which happens post season. Make sure you have all of your equipment in your washed bag, cleaned and accounted for. There are absolutely no refunds on girdles at any time, unless the factory packaging has not been opened.

If you fail to pick up cheques that are to be returned to you and the following apply:

Volunteer hours completed

Equipment returned and accounted for in expected conditions

MWMFA will shred and dispose of cheques at the end of each season. Cheques will not be held and carried forward to the next season for any reason. Any player that used equipment in the off season will still be expected to provide new cheques the following season.



13 INSURANCE

All players are provided with insurance coverage provided through Football Alberta. This begins at Spring Camp and continues through the season and post-season. For example, this insurance will cover an ambulance ride if you do not have full coverage through your own insurance program. PLEASE NOTE: Player must notify the Coach, General Manager, or Trainer of any and all injuries. All insurance claims must be filed with Football Alberta within 30 days of the injury. Insurance fees are non-refundable.



14 PLAYER SELECTION GUIDELINES AND PROCESS

The league limits team enrolment to 45 players per team. MWMFA tries to limit registration numbers to approximately 30-40 players per team at the Atom and Pee Wee level and 45 players at the Bantam level. This is to ensure all players have the opportunity to play.

It is important to note that your child will not be guaranteed any specific amount of playing time. The primary reason for this is the nature of position assignment in football and the desire to have players practice specific positions before taking a regular assignment at that position. It is vital that players attend and participate in as many practices as possible to ensure playing time. A typical example is receiver or quarterback. It is a poor coach who places an unprepared player in such a position. Keep in mind, most games have an actual playing time of 20-25 minutes only. Unexcused absences or an inability to comprehend plays may further limit a player's time.

Although all players are dressed, the most experienced or prepared players will get the most field time and, depending on the game situation, some players may not play. Every effort will be made to allow each player at least one play.

In addition, most first-year players (as well as any player moving to a higher level) should expect to have less playing time than more experienced players. Coaches are encouraged to ensure all players have an opportunity to play and see some field time during games, but no promise is made to balance on-field time for all players. Given the injury risks in football, a coach will make discretionary choices based on the health and well-being of his/her players.

This does not apply to the same degree at the Atom level, and it may be applied only somewhat at the Pee wee level. Again, the key principle is to have players only at positions they are prepared to play. Therefore, it is very important for players to attend all practices, where it increases their experience and prepares them for game situations.

Coaches use a depth chart system to record Starters and Primary Backups for each position. Players who are assigned as starters on the depth chart may also be assigned as backup to another position. However, coaches are encouraged to limit the regular use of players as starters on both Offence and Defense.

14.1 TEAM SPLITTING

As part of alignment to MWMFA's vision, mission and values, MWMFA strives to get as many interested players on the field as possible and as part of that, teams may split when numbers support it. The decision to split will require extra registrations in hand beyond our ideal team size. In the event that MWMFA reaches team split numbers, all held registrations will be processed. In the event MWMFA does not reach team split numbers, all held registrations will be refunded as per section 10. The team split decision will be made during the last week of May, as follows:

IF THERE IS:

Atom, 50 Players by May 31 (held registrations after 40)

Pee wee, 50 Players by May 31 (held registrations after 40)

Bantam, 55 Players by May 31 (held registrations after 45)

Midjet, no splitting. (held registrations after 45)



1.5 SPRING CAMP

Spring Camp is generally scheduled for a Saturday and/or Sunday at the end of May at our Mill Woods Park Practice Fields. A notice will be sent out to all registered, and former players to inform of details.

Spring Camp focuses on drills and exercises that will acquaint either a prospective or returning player in the basics of playing football. New players get to meet their fellow team-mates and have an opportunity to give the sport a try. All players receive a T-shirt for participating.

We strongly encourage all current and prospective players to come out for spring camp.



16 EQUIPMENT ISSUE AND RETURN

In addition to a complete set of equipment and bag (to be returned at the end of the season), each player will receive a practice jersey, mouth guard, and game socks (called the Spirit Pack). These items are for the players to keep.

Millwoods Football spends a considerable amount of its time and operating budget ensuring our equipment is the finest available. Care and maintenance of this equipment is a player/parent responsibility. If any equipment requires maintenance or repair, please speak to the Equipment Manager. Should repair or replacement be required, the organization will do that right away at no charge to you. Safety of the player is dependent on proper equipment. Parents/guardians are required to sign for the receipt of any and all equipment. (Remember, all fees must be paid in full and all forms and deposits complete before equipment can be handed out.) You will be financially responsible for any damage due to neglect, or for lost or stolen equipment.

Notice will be given to each player at practice the week before Equipment Issue that specifies what date and time to pick up his or her equipment. Equipment issue will take place at the MWMFA Office (The Bear Den) located at 7008 - 23 Avenue.

At the end of the season the following guidelines apply for equipment returns:

16.1 ALL RETURNABLE EQUIPMENT:

Pants & Jerseys must be washed and hung to dry.

Shoulder pads wiped down outside with a damp cloth. The padding surface sprayed with disinfectant (Lysol or similar) and allowed to air dry.

Helmets wiped down outside. Wiped inside with Lysol wipes or similar, paying attention to the crevices around the internal padding.

Knee pads wiped off with a disinfectant or Lysol wipes.

Belts separated from the pants.

Gear bags can be washed and dried.

Please!! Do not return your all in one girdle.

Equipment will ONLY be accepted, and cheques returned when the above guidelines are met.



17 KICK OFF BARBEQUE AND JERSEY HANDOUT

MWMFA hosts a Kick-Off Barbeque and Jersey Handout prior to the start of the regular season. This is a family event to celebrate the beginning of the Football Season. More details will be provided by your team managers and will also be posted on the website.



18 PRACTICES AND GAMES

Atoms will practice every Monday, Wednesday, and Thursday evening from 6:30pm to 8:30pm

(this is not set in stone, and is at the Coaches discretion)

The Peewees will practice every Monday, Wednesday, and Thursday evening from 6:30pm to 8:30 pm

The Bantam team will be notified via e-mail of the practice schedule.

There are no practices for any level during the month of July.

Starting in August, practices resume every Monday, Wednesday and Thursday evening from 6:30pm to 8:30pm. Practices will continue until the conclusion of each team's season.

Games are once per week. They begin about mid-August, usually with a tournament and continue until November (including playoffs). Games are typically played on either Saturday or Sunday.

The Midget program is a spring program with practices starting in February, and the season ending in May.



18.2 ATOM PROGRAM CHANGES

18.2.1 Background

The biggest discussion at the CDMFA level for the last few years has been about Atom Football and how we can adjust our sport in the Capital District to align with the principles of Long Term Athlete Development, a national program for an international direction to provide a better sports environment that improves upon safety and personal development in an age appropriate method. The changes will be familiar to those involved in other sports, as they have all paved the way with revised rules that allow coaches to focus on player development at a young age.

In 2014, the CDMFA came together, voting on moving away from the current full-sized game just like the Edmonton Eskimos play, into a revised age appropriate game. In addition to the normal association members, all levels of football came out to show their support and how critical this change is to the health of the sport. The Edmonton Eskimos, University of Alberta Golden Bears, Edmonton Huskies, Edmonton Wildcats, High Schools and Football Alberta representatives were all in attendance to speak, and answer questions on the implications on our sport.

MWMFA is proud to be a part of this historic and exciting change in our sport.

18.2.2 General Structure:

Teams will play 6-a-side football

Team Roster no smaller than 9 no larger than 18

Age Level: children who will turn 8, 9 or 10 in the current calendar year (by December 31). Tiering jamborees will no longer occur for Atom.

It is a tackle game, using the Canadian tackle rules unless stated otherwise. Teams play a jamboree style of game where each team gets five offensive plays to score from the 35 yard line. Regardless if they score on the first play or lose possession to a turn over, they will get all five plays then the ball will be turned over to the other team to start at the 35 yard line.

Each touchdown will be worth 1 point and no covert or kick-off will follow.

Each team will have possession four times (20 offensive plays and 20 defensive plays total). During each teams set of five offensive plays they must pass the ball forward at least twice.

Games scores will not be tracked by the league, though we know atom players will track during the game (often incorrectly).

18.2.3 The Atom Field:

Field size is approximately a quarter field (24 yards wide, 45 yards long). A sideline and end zone of a marked field will be used with small pylons being used to mark the other sideline (on the inside of the hash), every 5 yards.

Four games run concurrently on a single field. Atom games will not be located with Peewee or Bantam games.

18.2.4 Fair Play

Fair play rules will be in effect and will be openly communicated to parents as the league standard.



All players on the roster must be in the game by the second set of possession and must play a minimum of 10 plays during the game. This will be done on the honor system since there are many factors that may prevent kids from getting 10 plays that are out of the coach's control.

As Atom is focused at learning and development, it is encouraged that all players play all positions at some point in the season. Encouraged, but not required. For example: putting a very small player as the center, may not be 'fun' for them.



19 HANDLING PARENTAL CONCERNS

Communication is crucial in any organization, and it is important that parents are aware of whom to direct a question, concern, or comment.

Coaches, who are volunteers, have made a large commitment to teach your child how to play football. They are expected to come to practice prepared to coach their players. In order for this limited time to be used most effectively, please do not expect to discuss matters with the coaches before a practice. All issues should be communicated to the Team Manager.

If you must address a concern with someone at a practice or game, please approach the Team Manager. This person is generally the most knowledgeable, and by doing so, it is less disruptive to the activity on the field. All official complaints must be submitted on the formal complaint form and sent to the General Manager, who will address the issue at the monthly Board of Directors Meeting.



20 TEAM AND INDIVIDUAL PHOTO'S

Included in the registration fee, each player will receive a mount of the player's individual and team picture. Notification and details will be sent out by your Team Manager. Keep an eye on our website for details as well.



21 FUNDRAISING

Volunteer organizations require funds to operate. It is the goal of the MWMFA to make football an affordable game for all. In an effort to do this the MWMFA has actively raises funds to assist in covering various costs for activities throughout the season. Some examples are assisting with costs for Spring Camp and the Year-End banquet as well as purchasing and maintaining top quality equipment. As in many minor sports organizations, the MWMFA requires mandatory fund-raising for their members. Our 3 main fund-raising activities are waterpark passes, a bottle drive, and silent auction sales. Parent involvement for each player is expected for ALL the fund-raising events.

Bottle Drive – Each family is expected to collect and donate a minimum of 2 large bags of bottles.

Silent Auction/Pub Night – Each player/parent must obtain (preferably through donation) 2 items to the annual silent auction (minimum value of \$20/item). See your volunteer coordinator for donation letters.

Waterpark Swim Pass Tickets – You can retain the tickets for yourself or sell them to recoup your mandatory fund-raising fee.



22 YEAR END BANQUETS

The Year-End Banquet is held the last week of November. (May for Midgets) This function has been the highlight of the season with an excellent dinner, an awards ceremony, and celebration of players. Registration fees include one ticket for the player to attend the banquet. Additional tickets will be available for sale for other family members.



24 SPORTS FIELD CLOSURES

Throughout the season the City of Edmonton may close the sports fields due to poor conditions. Listed below is the City Sports field closure website and phone line. Please check any time that weather suggests a closure is possible (rain, lightning, late thaw, snow, etc). These are typically updated at 4 p.m. daily.

<http://www.edmonton.ca/portal/server.pt?space=CommunityPage&control=SetCommunity&CommunityID=221&PageID=223> Or (780)496-4999

When the fields are closed by the City of Edmonton, the organization will strictly adhere to this policy. Violation of this could cause suspension of our license with the City. You will be notified by your Team Manager regarding a practice cancellation due to weather, as coaches may have made alternate arrangements regarding the practice. (E.g.: review video)



25 LIGHTNING POLICY

MWMFA uses the 30/30 guideline. For the safety of all players, parents, and coaches, a practice shall be suspended, and all individuals shall go inside a building/shelter (not under a tree) when there is 30 seconds or less between the lightning and the thunder.

If the lightning/thunder is present during a practice, the club/team representative shall direct players and coaches to leave the football field immediately and seek shelter inside a building.

In the event of lightning/thunder is present during a practice, the air horn will sound indicating practice is suspended for all teams.

Practice will be suspended for 30 minutes. If there is no improvement in the weather after the initial 30 minutes, practice will be cancelled.



26 MWMFA WEARABLES, AKA 'BEAR WEAR'

During most practices and games are opportunities to purchase various MWMFA-logoed items. Everything from hats to winter jackets can be purchased with the logo and personalized information embroidered on it. Samples are available in the Bear Den.



27 MWMFA FORMAL COMPLAINT FORM

Date submitted: _____

Date Reviewed (office): _____

Section 1. Complainant Information (must be completed)

a) Name & Address of Individual Filing Complaint:

b) Phone numbers (for contact and clarification):

c) Role of Complainant re: this specific incident: (please circle)

Coach Administrator Trainer Asst. Coach Parent Athlete Spectator Referee/official

Other: _____

Section 2. Complaint Information

a) Date and time of incident:

b) Occasion of incident (i.e. game, practice, tournament, community event etc.):

c) Location of incident:

d) Complaint is being filed against: (please circle as many as necessary)

Coach Administrator Trainer Asst. Coach

Parent Athlete Spectator Referee / Official

Other: _____

e) Please describe incident in a factual, evidence-based manner. Please note that your complaint will not be considered for review if it is written in an accusatory or inflammatory manner. (Use additional paper if necessary)

f) Does this incident violate the MWMFA Members/Players/Coaches Code of Conduct?

Yes _____ No _____

g) If yes please describe which part of the Code of Conduct you believe it violates?

h) Were there any witnesses to or media evidence of this incident? If so, please list their names and telephone numbers and/or supply media evidence.

Section 3. Board Review

a) Have witnesses been contacted or media evidence reviewed?

b) Was there a penalty or game / practice ejection associated with this incident?

c) Is this complaint an internal (MWMFA) or an external governing body (EFOA CDMFA)?

Section 4. Decision



28 MWMFA PARENT PLAYER CONTRACT

Please detach this section and return signed contract to your team manager.

I/We have read and understand the Registration Manual and will follow all MWMFA policies as defined in the Manual especially the Member's and Coach's Code of Conduct.

Player's Printed Name: _____

Team: _____

Player Signature: _____ Date: _____

Parent or Guardian Signature: _____ Date: _____

(Detach and Return)

